



Mediumship Matters Podcast Transcripts

Season 2 Episode 21

Is My Dad Stuck On Earth?

Introduction

Hannah Macintyre:

Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and this is Season 2, Episode 21. Today is exciting because I've received my first listener question via audio message—technology, eh? Let's see if this works. Over to Belle from Sydney, Australia!

Belle's Question: Is My Dad Stuck in Spirit?

Belle:

Hi, Hannah! I love your podcast—I've listened to all of your episodes, some more than once! I have a question for you. My dad passed suddenly in January, and he's come through a few different mediums. Some have said he feels like he's stuck, that he doesn't want to move on. Others have told us he's asking us to "let him go." This has been really upsetting for us—are we holding him back? Is he stuck? I'd love your thoughts. Thanks so much!

Breaking Down the Spirit World & "Being Stuck"

Hannah:

Okay, Belle—firstly, I love that you sent in an audio question! And secondly, there's so much to unpack here. Let's get straight into it.

First, let's talk about the idea that Spirit can be bored or stuck because there's nothing to do. That one made me chuckle! My understanding from Spirit has evolved, and I always say—what I believe today might shift in the future as I learn and grow. That's the beauty of mediumship—it's always expanding.

A few years ago, I used to believe in rescue circles, where we would "help" stuck spirits cross over. I truly believed we were doing something essential. But then Spirit challenged me—if I believe in God, angels, and the divine intelligence of the universe, why would they need me to help souls cross over? The more I thought about it, the more I realized it didn't quite make sense.

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Why No One Gets “Stuck”

Spirit has shown me that we’re already immersed in the Spirit World. It’s not a distant place we travel to—it’s all around us, woven into our existence. When someone dies, they don’t go anywhere; they simply shift into their true, non-physical form.

The idea of being “stuck” is a human perception. Sometimes, spirits linger close because they love us, not because they’re trapped. They can be with us and also be experiencing the beauty and love of the Spirit World simultaneously. It’s not a this or that situation.

The notion that your love could hold your dad back feels unfair, doesn’t it? Imagine if every person who grieved their loved ones was preventing them from moving forward. That would mean nobody would ever transition! But that’s not how Spirit works.

The Human Ego vs. Spiritual Evolution

As mediums, we can only receive what we are ready to receive. Some mediums might interpret certain energies as “stuck” because that’s what their belief system allows them to perceive. It’s not that they’re wrong—it’s just that we all filter Spirit’s messages through our own lens.

Spirits don’t get stuck—but they do leave energetic imprints. Just like sound waves continue forever, emotions and experiences leave traces. When we feel a lingering presence, we might be picking up on an energy echo rather than an actual “trapped” soul.

Why Your Dad is Still Close

Belle, your dad is close to you because he loves you. Not because he’s lost. Not because he needs help. Just because he wants to be near his daughter.

Think of it like this—if you could watch over your loved ones, why wouldn’t you? Spirit has infinite awareness and infinite energy. They don’t have to “choose” between being with us and moving forward in their journey. They can do it all.

When it’s your time to transition (in the very distant future!), you’ll realize you were never truly separated from your dad. The love between you remains unbreakable.

Final Thoughts

So, Belle, please don’t worry that you’re holding your dad back. He’s with you by choice, not because he’s trapped. Love doesn’t bind—it connects.

To everyone listening, if you have a question, send me a voice note or email! Let’s keep these conversations flowing. And Belle, sending you lots of love—I’m looking forward to our session tomorrow (though this will air after that!).

Until next time!

SEO Keywords: Mediumship, Spirit World, Grief & Healing, Afterlife Communication, Spirit Guides, Spiritual Evolution, Energy Healing, Signs from Loved Ones, Understanding the Afterlife, Spirit Messages.